



When your plan is exploding:

Dealing with Daily Challenges



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WEIGHT MANAGEMENT


# Some days are just hard!



Of course there will be days when it is harder to stick to your plan, or you will run into a situation that makes it hard to stick with your healthy lifestyle changes. You know this! Don't get side tracked by these challenges.



- Let's look the challenges that other people are facing and what happens to their plans.
- Can you help them with their challenges?



**Rachel** works part-time, is the mother of 2 and a military spouse. She plans to eat 3 healthy meals per day and walk 3 times per week.

Journal entry

As usual, this morning I rushed to get the kids ready for school and myself to work. Despite rushing, I had a bowl of whole grain cereal, with skim milk, a banana and a small serving of almonds. I got to work and there was Chandler's candy dish staring me in the face—I had 3 pieces with my coffee . I knew I had a meeting at 1100 and should have figured that it would run late. I had to grab a candy bar and a coke for lunch after the meeting. After the kids got off the bus at 3:45 we had a snack together. I had a peanut butter and jelly sandwich and chips because I was so hungry. Then, they did their homework while I cleaned. Monica and Ross had soccer practice from 5:30 to 7:00. I talked with the other moms during practice. We got home from soccer at 7:30 and I threw together a hot dog and macaroni and cheese dinner while Joey checked the kid's homework and made sure they showered. I was so stress that after we got the boys in bed Joey and I sat down to relax with a bowl of ice cream.

# What are Rachel's challenges and what can she do about them?




- **Challenges**

- Work and family : busy, missing meals, poor snack choices
- Using food to relax or solve a problem

- **What to do?** (think of your own solutions, then click)

- Plan menus, taking into account day that they get home late
- Pack lunch the night before
- Take non-perishable foods, meal replacement bars or drinks to work for days that lunch gets missed
- Talk with Chandler about keeping the candy out of sight
- Plan healthy snacks that include fruits and vegetables
- Relax with a warm bath or 10 minutes of deep breathing
- Examine the real trigger for the “relaxing with ice cream”
- Walk or run while the boys are at soccer to fit exercise in and to have some “me” time



Jerry usually works more than 40 hours a week but has been planning ahead, packing lunches and getting his workouts in. His family and coworkers are being very supportive, however, they like to socialize and food is usually involved.

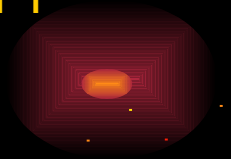
### Journal Entry

I met Kramer at to the gym before work and we did 30 minutes of high intensity cardio and then a 30 minute full body weight workout. At the office I had a bowl of oatmeal, an orange, a carton of low-fat yogurt, and a juice box of apple juice. I had a conference call at noon so I ate the lunch I packed at 1130. At 1600 there was a promotion and I blew it; I had a piece of cake! I was mad at myself the rest of the day at work. Elaine had planned to go to the club to celebrate George's great report card. I had planned to order the petite sirloin, with broccoli, a salad with vinegar and oil dressing and a baked potato with low-fat ranch. Because I blew it with the cake, I thought I might as well finish the day with a bang. I had the 12 oz t-bone, the loaded potato, blue cheese on the salad and 2 beers. Now, I am really mad at myself and don't even want to go to the gym in the morning because I am such a loser.

# What are Jerry's challenges and what can she do about them?

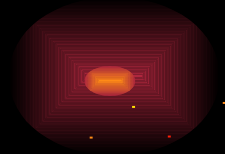


- Challenges
  - All or nothing thinking: either I do everything right or I might as well not do anything
  - Overly critical of self (negative self talk)
  - No plan to deal with a slip
  - It is hard to say no at social occasions
- What to do? (think of your own solutions, then click)
  - Remind coworker not to push the cake, it is easier to just not have any than to say no
  - Bring something healthy to eat at the office gatherings or allow yourself a small piece of cake with little or no icing
  - IT WAS JUST A PIECE OF CAKE! Do not let the slip derail you. Have the healthy dinner that was planned and then tell yourself how great you are for sticking with your plan.





How can you deal with  
your daily challenges?



# 1<sup>st</sup> Step...

## Have a Plan



We keep talking about having a plan  
(hint, hint-that means it is  
important)!

Plan a Menu and Grocery List

Plan your Exercise

Plan how you will deal with slips to  
prevent lapses

Plan how you will handle stress

# What are your challenges?

- Do you know what throws you for a loop?
- If not, a journal is a powerful tool for finding out.
- Write down the things that happen during your day, especially things that make it hard to follow your plan. Later you can look at the journal and determine patterns or key problem areas.





Check out the next pages for some challenging behaviors that you might see in your journal.

# Common Eating Challenges



- Eating while preparing food
- Eating when not hungry
- Eating when too hungry
- Eating in response to the clock
- Skipping meals
- Eating rapidly
- Eating unconsciously/  
mindlessly
- Eating past fullness
- Binge eating
- Eating secretly
- Eating to escape a problem
- Eating to relieve stress
- Eating food high in fat or sugar
- Eating too much of certain foods
- Eating late at night
- Social/restaurant eating
- Eating in response to food  
advertisements
- Eating while reading/ watching  
TV
- Eating somewhere besides the  
table
- Eating while driving
- Eating on the run
- Eating more on weekends

# Do you have any of those problems?



- You probably should not try to work on everything at one time. Remember change is a process.
- Pick one challenge, work on it and then move on to the next one. This will help you not feel overwhelmed.
- The next page has some solutions for many of the challenges you are facing. Certainly this is not an all inclusive list and you will develop some very specific solutions for yourself.

# Behavior Solutions



- Preplan meals and snacks
- Remove serving dishes from table
- Eat only at the table
- Store/freeze leftovers immediately
- Eat three healthy meals a day
- Don't read or watch TV while eating
- Use relaxation techniques
- Call a "buddy" for support
- Park your car if you must eat on the road
- Learn reduced calorie/fat cooking methods
- Drink fluids or eat a piece of fruit 20 minutes before eating
- Slow down & savor each bite
- Don't keep tempting foods in the house
- At "dangerous" times, plan an activity to not compatible with eating
- Try sugar free gum, hard candy, diet soda or fruit when craving sweets
- Put your utensils down between bites
- Leave a little food on your plate
- Use a smaller plate
- Serve from the stove not the table
- Brush teeth after every meal
- Exercise often
- Take a warm bubble bath
- Go for a walk until the urge to eat passed
- Eat only when physically hungry

# For every challenge there is a solution!

- If you need help finding solutions (or identifying the problem) ...

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